WHAT'S EATING JOHNNY DEPP?
LOVE WITH PARADIS SAID TO BE 'FINI' {page 7}

MAC 'N' CHEESE, ITALIAN-STYLE
CREAMY AND PICANTE
{page 10}

RUFFLED FEATHERS
THATCHERITES GIVE FILM'S IRON LADY COLD RECEPTION {page 6}

WINNIPEG metro®
Tuesday, January 10, 2012
www.metronews.ca
News worth sharing.

No radar love here

Group installs sign warning drivers of speed trap near St. Norbert

A Winnipeg anti-photo-radar group is escalating its fight against one of its members' most hated speed traps.

On Monday, WiseUpWinnipeg unveiled a new sign warning motorists of the 60 km/h speed limit just south of the bridge leaving St. Norbert on Highway 75.

"This shouldn't be a 60 km/h zone — it should be a 70 km/h zone, if not an 80 km/h," said spokesperson Todd Dube at the unveiling. "It's a divided highway … and people go whatever is a reasonable and natural speed, and 60 is not it."

Dube said his website wiseupwinnipeg.com receives the highest number of complaints about a Winnipeg police speed trap set up just south of where the new sign sits on private property. He hopes the sign — which is reflective at night — will bring attention to the problem and cut into the revenue brought in by the tickets.

"We're not going to tolerate these games disguised as safety, when they're actually doing nothing more than gauging good drivers." SHANE GIBSON

SHANE GIBSON/FOR METRO

▶ Todd Dube of WiseUpWinnipeg stands in front of a sign his group put up along Highway 75, just outside of St. Norbert, warning motorists of a common radar speed trap.

City governance

Why two when one will do?

Winnipeg charter says council needs the province's permission to add one councilor but not two {page 2}

Oh, snap!

Australian lives to tell the tale of her bungled bungee jump {page 3}

Twisted mister

Beezow Doo-Doo Zopittybop-Bop-Bop proves to be a mouthful for arresting cops {page 3}

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1 news

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On the web at metronews.ca

An Israeli politician caps a heated argument with a colleague by dumping a glass of water on him. Watch at metronews.ca/video

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Collision with train sends man to hospital

One man is in hospital following a collision between a cargo van and a train in Winnipeg's south end early Monday morning.

Winnipeg police say a Chevrolet Express van was travelling eastbound on Fermor Avenue when it was struck by a train at a rail crossing near Archibald Street at about 6:40 a.m.

Police say the crossing lights were operating at the time of the accident and no information is available about the cause of the collision as the investigation continues.

Rush hour traffic was snarled in the area for about two hours as investigators checked over the scene.

The lone occupant of the van, described as a male in his twenties, was taken to hospital in unstable condition and has since been upgraded to stable condition.

SHANE GIBSON

SHANE GIBSON/FOR METRO

▶ Debris from the vehicle about 25 feet from the crash site.

No. Skating

▶ Snow melts off the canopy over the skating pond at The Forks and gathers on the slushy ice, rendering it impossible to skate. Temperatures reached 4 C on Monday, with Environment Canada calling for 5 C on Tuesday, before temps plunge closer to normal levels for Wednesday with a high of -16 C.

ELISHA DACEY/METRO

Enjoy the sunshine, while you still can

Seat for one, please?

City to ask the province permission for ability to add only one councillor
Weird decision in the '90s means Winnipeg charter must be changed

ELISHA DACEY
@METRONEWS.CA

A city committee is recommending Winnipeg city councillors ask the province to change the charter so they can add one councillor if they'd like to in the future.

St. Charles Coun. Grant Nordman said the current incarnation of the City of Winnipeg Charter states council may add two councillors at a time without provincial permission, but not one.

"We can't really find any rationale for why it was (worded) that way," said Nordman.

Media reports the Governance Committee of Council plans to recommend Winnipeg add two city councillors to the table in the next election are greatly exaggerated, said Nordman.

Before any recommendations can be made, a full electoral ward review, which is supposed to happen every eight years, is due.

The last full review was done in 2002.

A ward review won't happen until the latest census numbers are in, said Nordman, and then the committee will have community consulations about either adding a councillor or redrawing the boundaries.

"So yes, I could find myself the councillor of a much larger ward," he added.

To keep from having to add two councillors where just one more may do, the charter will need changing, said Nordman.

"Whether they need to add a councillor in 2014, 2018, or 2022, (changing the charter) needs to be addressed."

Nordman said there is an inequity in how ward boundaries are drawn, pointing out rapid growth in Winnipeg's south end over the past decade has seen numbers skyrocket.

The motion comes before the city's governance committee on Thursday.

No stabbing in West End robbery

A male youth is in custody and another is in hospital following a violent robbery in Winnipeg's West End.

Winnipeg Police were called to the 600 block of Spence Street around 9 p.m. on Sunday where they found a young man suffering from undisclosed injuries. He was taken to hospital in critical condition.

Although initial media reports suggested the victim had been stabbed, the WPS said Monday he hadn't, but wouldn't say what had caused his injuries.

The investigation continues. SHANE GIBSON

News in brief

Arrest made in stabbing death

SHAMATTAWA. A 17-year-old male has been arrested after a house party stabbing that left a 34-year-old man dead.

Charles Robertson Beardy was found unresponsive on the road near a house on Nov. 27 in Shamattawa, Man. He had been stabbed around 3 a.m. during a party.

Beardy was taken to the Shamattawa nursing station and pronounced dead.

On Friday, RCMP arrested the 17-year-old. He appeared in Winnipeg court on Monday facing manslaughter charges.

ELISHA DACEY

The Black Keys returning

MAY SHOW. The Black Keys are coming back to Winnipeg after having their last show at the MTS Centre in July.

The band, along with special guests Arctic Monkeys, will perform at the MTS Centre on May 14.

Tickets go on sale Friday at 10 a.m. at ticketmaster.

ELISHA DACEY

Accused mom testifies at Shafia trial

Tooba Yahya is facing trial in a case prosecutors allege was a so-called honour killing

A woman accused of killing her three daughters and her husband's other wife suggested Monday that one daughter tried to commit suicide because of a pair of pants, and not because she was deeply unhappy at home.

Tooba Yahya, 42, on trial in Kingston, Ont., along with her husband and son, took the stand as the Shafia family murder trial resumed after the holidays. In often rambling testimony punctuated by heavy sighs, she denied that any of the four victims of what prosecutors allege was a so-called honour killing were treated poorly or abused. Court has heard evidence to the contrary.

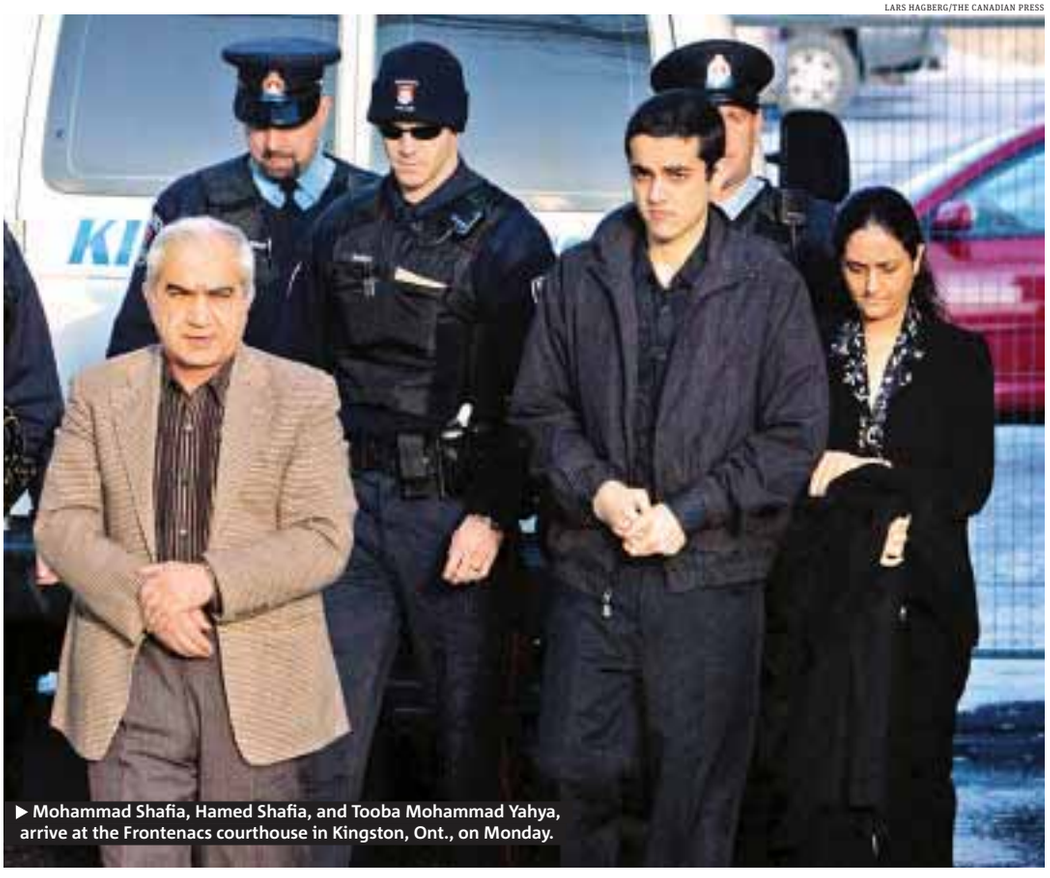
Yahya, Mohammad Shafia, 58, and their eldest son, Hamed, 21, are accused of killing four female relatives over family honour, pushing them into a canal in a car and drowning them. They have each pleaded not guilty to four counts of first-degree murder.

Shafia sisters, Zainab, 19, Sahar, 17, and Geeti, 13, along with Rona Amir Mohammad, 52, Shafia's first wife in a polygamous marriage, were found in a car at the bottom of a canal in Kingston, Ont., on June 30, 2009, when the Montreal family was heading home after a trip to Niagara Falls, Ont. **THE CANADIAN PRESS**

In court

- Tooba Yahya, 42, Mohammad Shafia, 58, and their eldest son, Hamed, 21, have each pleaded not guilty to four counts of first-degree murder.
- The Crown alleges that Shafia in particular was upset that the girls were dating and telling authorities they didn't feel safe at home, and that they were killed to restore family honour.

LARS HAGBERG/THE CANADIAN PRESS



▶ Mohammad Shafia, Hamed Shafia, and Tooba Mohammad Yahya, arrive at the Frontenacs courthouse in Kingston, Ont., on Monday.

Tourist lives to tell tale of bungee-jump mishap

An Australian tourist bungee jumping in Africa plunged 111 metres into a river when her cord snapped, but she managed to swim to safety with a broken collarbone and her legs tied together.

Erin Langworthy told Nine Network television news Sunday that she blacked out briefly when she hit the Zambezi River on the border of Zambia and Zimbabwe on Dec. 31.

"I felt like I'd been slapped all over," the 22-year-old from Perth said.

Video taken of the jump shows the cord snapping and Langworthy smacking into the river before the current pulled her into rapids.

"You get sucked under and then you pop up, so it's very disorienting — I didn't know which was up or down," she said.

She said the trailing cord repeatedly snagged, so she "had to swim down and yank the bungee cord out of whatever it was caught on to make it to the surface."

Langworthy swam through the rapids to reach the Zimbabwe bank.

Southern Province Police Commissioner Brenda Muntemba told the Post Zambia newspaper that Langworthy was treated at a clinic in Zimbabwe before being evacuated to South Africa.

The jump from the Victoria Falls Bridge is operated by Safari Par Excellence, whose website describes the bungee experience as "111 metres of pure Adrenalin!" **THE ASSOCIATED PRESS**

CHANNEL 9 VIA APTN/THE ASSOCIATED PRESS

▶ Erin Langworthy, 22, of Perth, Australia, bungee jumps over the Zambezi River on Dec. 31 in Victoria Falls, Zimbabwe.

To watch the video, scan the code or go to metronews.ca.

Suspects arrested in Tim Hortons thefts

Two men have been arrested following overnight thefts at five Tim Hortons restaurants in the Toronto area in which debit machines were stolen from drive-thru windows.

Two suspects, both aged 20, were arrested. Between them, they face 48 theft-related charges.

TORSTAR NEWS SERVICE

Cops facing a tongue twister

Authorities in Wisconsin are facing a tongue twister thanks to the arrest of Beezow Doo-Doo Zopittybop-Bop-Bop. **THE ASSOCIATED PRESS**

DANE COUNTY SHERIFF/THE ASSOCIATED PRESS

▶ Beezow Doo-Doo Zopittybop-Bop-Bop

Man allegedly stole from dead woman

An Ontario man is facing charges after allegedly taking a woman's purse as she lay dead following a hit-and-run.

The 20-year-old woman was struck and killed early last Sept. 18 as she was crossing a street in Hamilton. **THE CANADIAN PRESS**

IN DEFENCE OF STAYING IN

SHE SAYS ...

METRO

After weeks of office parties, festive get-togethers and family dinners, January provides a welcome relief from being overscheduled. With nothing to do and nowhere to go, a bare calendar feels like the ultimate luxury.

While the gloomy stretch between the holidays and spring is an ideal time to be anti-social (read: broke and lazy), there are still plenty of people who will try and coerce you out of your sweatpants and into a taxi headed for a night out on the town.

Sure, a cocktail can be nice, and every good Canadian girl knows how to navigate icy sidewalks and snow banks in her least sensible heels, but as the temperature dips, the idea of going to a club or a bar or anywhere that isn't your own living room becomes less and less appealing.

"I think, we should stop trying so hard to have fun and embrace these precious weeks of guilt-free hibernation while they last. I mean, do you really want to risk hypothermia just to spend another Saturday night covered in spilled drinks and other people's sweat, elbowing your way across a crowded dance floor and wondering, 'Am I having fun yet?'"

I think we should stop trying so hard to have fun and embrace these precious weeks of guilt-free hibernation while they last. I mean, do you really want to risk hypothermia just to spend another Saturday night covered in spilled drinks and other people's sweat, elbowing your way across a crowded dance floor and wondering, "Am I having fun yet?"

This winter, I've decided that staying in is the new going out. Instead of whining about frostbitten exposed limbs and overpriced mixed drinks, can we all agree to just stay indoors for the next few months?

Now, before you dismiss me as a friendless shut-in, give the idea of becoming a winter hermit a chance. Think of all the money you'll save, the calories you wont consume, the clothes that will go un-ruined! A few months of self-imposed house arrest will do wonders for your wallet, waistline and probably your mental health.

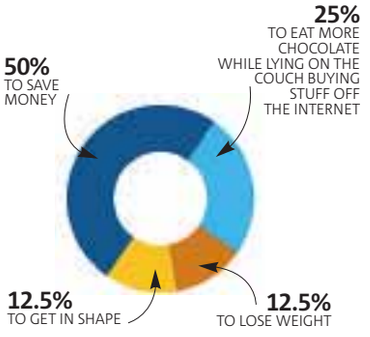
You'll host board-game nights, learn how to cook your own meals, sort out your underwear drawer, actually read all those books you so proudly display on your coffee table and go to bed at a reasonable hour. If you're lucky, you'll have a fireplace and all of these indoor activities will seem 1,000 times better because of it.

Ultimately, all any winter hermit really needs is a few bottles of red wine and a subscription to Netflix. Perhaps if you're feeling really ambitious, you'll invite some low-key companions over to share that aforementioned wine and discuss how you actually don't miss going places and doing things at all.

Have your say on this story

Register at metropolitanpanel.ca and take the quick poll

This year your new year's resolution is...



Local tweets

- **@teeny jumper:** I am so late to this party, but the new #Winnipeg airport is amazing. Blew my mind! I look forward to seeing beyond the gates very soon
- **@tessamoncrief:** Not feeling this new airport thing in Winnipeg! It was the only airport I actually liked, and then they had to go ahead and change it
- **@chadvector:** That's racist! Oh, sorry, read it wrong. RT @ChrisDca: Pole Fitness Studio Opens in City's West End
- **@Willowskylor:** If there was a Batman fan film filmed here in Winnipeg, which building should be Wayne Enterprises?
- **@Tim_Witt:** Am I the only person happy with the NHLPA shooting down the leagues stupid realignment plan? Keep it simple and swap Columbus and Winnipeg.
- **@SparksNicholas:** When I see someone driving the same car I'm driving, I always peer in to make sure it's not me from another dimension.
- **@adamfabig:** Kanye West already called Taylor Swift and told her that Beyonce's baby is the best baby of all time.

Daily Zoom

ERV PETTY/ALASKA DIVISION OF HOMELAND SECURITY AND EMERGENCY MANAGEMENT/THE ASSOCIATED PRESS

Buried under a blanket of snow

Alaska town calls state for help

A house is buried in snow in the fishing town of Cordova, Ala., in this Jan. 7 photo.

Residents have turned to the state to help them dig out of massive snow levels that have collapsed roofs, triggered avalanches and even covered doors, trapping some people in their homes. Cordova is used to snow, but not like this. THE ASSOCIATED PRESS

Heavy, wet snow threatens homes

Officials said at least three buildings have collapsed or partially collapsed, and six homes are deemed severely stressed by heavy, wet snow.

The city has set up a shelter at a local recreation centre, but said people leaving homes in avalanche-risky areas have been staying with other residents.

THE ASSOCIATED PRESS

"We had no alternative but to declare an emergency. ... It became a life-safety issue."

CORDOVA MAYOR JIM KALLANDER

Quite a winter wonderland

The National Guard reported more than 5.5 metres of snow has fallen in the past weeks, although the National Weather Service did not immediately have a measurement.

"There's nowhere to go with the snow because it's piled up so high," said Wendy Rainney, who owns the Orca Adventure Lodge.

THE ASSOCIATED PRESS

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Business outlook hits a low point: Survey

For first time in almost 3 years, firms expect sales to slow over next year But plans to hire have increased

Canadian businesses are becoming more pessimistic about the economy and their future prospects for sales both at home and in foreign markets, the Bank of Canada said Monday.

The central bank's survey of senior management at 100 representative firms shows confidence is well off post-recession highs across the broad spectrum of issues — from sales expectations to investment and hiring intentions, to their ability to pass through their costs to customers.

It is difficult to say whether business executives are the most pessimistic since the recession because the question posed is relative to the past year, but the central bank notes the result suggests firms are more worried about selling their products into the softening demand globally and domestically.

In the survey, 41 per cent said they expected their sales pace to slow, as opposed to 37 per cent that expect an increase. The rest were neutral.

"Overall, the weak U.S. economic outlook, concerns about adverse effects from the situation in Europe and an expected slowing in household spending were among the factors dampening sales prospects," the bank report states. "Of those firms anticipating higher sales growth over the next 12 months, many cite plans for new product development or diversification into new domestic or external markets."

Even respondents in the resource-rich West expect sales growth to slow, albeit coming off a strong performance in 2011, the bank says. Canada's gross domestic product growth has slowed from 3.5 per cent in the third quarter to what is expected to be about 1.5 per cent this year.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
+ 8.0 (12,197.00)	+ 0.39¢ ($97.76¢ US)
Oil	**Natural gas**
- 25¢ US ($101.31 US)	$3.01 US (- 5¢ US)
	Gold
	$1,608.10 US (+ $8.70 US)

Big. Screen

▶ Workers set up a flat screen display at the Samsung exhibit for the Consumer Electronics Show on Monday in Las Vegas.

JULIE JACOBSON/THE ASSOCIATED PRESS

The latest in electronics in Vegas

The 2012 International CES trade show, the world's largest consumer electronics exhibition starts Tuesday.

104 **If Iberia pilots strike again on Wednesday, it will force the Spanish airline to cancel another 104 flights, affecting 23,000 passengers in total on long-haul, medium-haul and domestic flights.**

Pilots plan to strike again

Spanish airline Iberia says it cancelled 109 flights on a third day of stoppages by pilots protesting the company's planned new budget carrier. Iberia said it rescheduled flights for most passengers. Pilots union SEPLA says it will strike again Wednesday. SEPLA says the creation of Iberia Express will lead to job losses. Iberia says the strikes will affect 23,000 passengers on various flights. THE ASSOCIATED PRESS

Farmers should be repaid billions from Wheat Board assets, lawsuit claims

A class-action lawsuit has been filed that claims Canadian farmers should be repaid $15.4 billion when the Canadian Wheat Board is dismantled.

Regina-based lawyer Tony Merchant said Monday that the federal government can end the board's monopoly on the sales of western wheat and barley, but he argued the assets belong to farmers.

The feds passed legislation in December that will allow western wheat and barley growers to sell their grain on the open market instead of having to go through the board. Ottawa also removed farmer-elected directors from the organization.

The changes came after a debate that divided farmers across the Prairies.

Board supporters argued the monopoly prevented producers from competing against each other for sales and ensured better prices. They also said the new legislation leaves farmers at the mercies of railways and big, international grain companies.

Board opponents wanted the freedom to seek better deals on the open market. THE CANADIAN PRESS

MCNAUGHT'S FINAL 2011 NEW VEHICLE CLEARANCE

GMC Sierra Crew Cab SLT
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White Diamond edition (demo)
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Cadillac SRX Turbo
Was $63,885 Now $55,980
AWD, fully-loaded Stock# 11309-0

Cadillac CTS Luxury Coupe
Was $57,785 Now $50,880
Demo, fully-loaded incl. Navigation
Stock# 11663-0

Buick Regal Turbo
Was $44,225 Now $35,980
Demo, fully-loaded incl. Navigation
Stock# 11597-0

Buick Lucerne CXL
Was $41,495 Now $33,980
Leather int, brand-new, 48m warranty
Stock# 11615-0

Buick Lacrosse CXL AWD
Was $47,685 Now $40,980
Lux pckg, Sunroof, new, 48m warranty
Stock# 11660-0

GMC Acadia AWD SLT2
Was $63,425 Now $52,980
Full-load incl. Navigation, Sunroof, DVD
Stock# 11160-0

Cadillac Esclade EXT AWD
Was $89,785 Now $71,980
Demo, full equipped, Navigation, 22" rims
Stock# 11506-0

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2 scene

Scene in brief

Elton John is writing his first book, a personal account of the AIDS crisis. The musician says Love is the Cure: Ending the Global Aids Epidemic will include memories of friends who died of AIDS-related illnesses, including Queen frontman Freddie Mercury. British publisher Hodder & Stoughton says the book will be published in July along with an audio book read by the British pop star. The U.S. publisher is Little, Brown.
Proceeds will go to the Elton John's AIDS Foundation.
John said Monday the book would ask why more is not being done to cure the disease. He said AIDS "is a disease that must be cured not by a miraculous vaccine, but by changing hearts and minds, and through a collective effort to break down social barriers."
THE ASSOCIATED PRESS

Tom Hanks' futuristic web series Electric City to stream on Yahoo

Writer captures Maggie's mettle

Screenwriter Abi Morgan ruffles feathers for her portrayal of Margaret Thatcher in the Iron Lady Says the film is a study of power and loss

HANDOUT

Screenwriter Abi Morgan says that Meryl Streep as Margaret Thatcher is 'absolutely dream casting.'

RICHARD CROUSE
SCENE@METRONEWS.CA

Margaret Thatcher, the longest reigning British Prime Minister of the 20th Century, remains a polarizing figure even though she hasn't held office since 1990.

She's a hero to some: Gloucester City Council leader Paul James calls her "the best prime minister there's been." But a villain to others: "She made all manner of cuts society is still recovering from," says Steve Lydon, branch secretary of Stroud Labour Party.

She is now the subject of The Iron Lady — a nickname Thatcher picked up from Soviet newspaper Krasnaya Zvezda — a biography starring Meryl Streep, written by Shame playwright Abi Morgan.

The film has already ruffled the feathers of Thatcher devotees. Tim Bell, a longtime associate of the former PM, called the movie a "non-event" and Tory loyalist Norman Tebbit commented that Thatcher was "never, in my experience, the half-hysterical, over-emotional, over-acting woman portrayed by Meryl Streep."

"It's not a documentary, it's not a social history, it's a drama," says Morgan on the controversy.

"I think if you see yourself as an artist, part of being an artist is to comment on your times. I feel it is a comment but it is a creative comment.

"I hope it's a humane and dignified portrayal. I think anybody can see it's not an attempt to sabotage.

"I feel it is as much the study of power, the study of loss and the study of the isolation of office and [because] Margaret Thatcher is an icon, a recognizable public figure, she was a way to filter those very powerful themes."

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity."
IRON LADY WRITER ABI MORGAN ON THE CASTING OF MERYL STREEP

Morgan says those "themes and the ideas and the human story are bigger than the individual."

As written, the character of Thatcher is complex. The film first shows her long after her glory days and works backwards through her career highlights.

Meryl Streep plays her in various stages of her career.

"She is absolutely dream casting," says Morgan.

"There are, obviously, amazing British actors and one would have been lucky to work with any of them, but what was exciting to me about working with Meryl is that she's a complete shape shifter.

"I think she is an absolutely fascinating actress and I felt incredibly reassured when I learned Meryl was going to play the part because I knew she would imbue that character with such humanity and such complexity.

"She has such integrity, she just elevates the work."

Abi Morgan

- British playwright and screenwriter born in 1968
- Morgan first wanted to be an actress, but after university took a postgraduate writing course instead
- She had her start writing plays for theatres in England
- She also co-wrote Shame, with Steve McQueen

How Phyllida Lloyd softened an Iron Lady

Considering the historical and controversial stature of Margaret Thatcher's 11-year run as the U.K.'s prime minister, it's surprising there hasn't been a major motion picture about her until now. But director Phyllida Lloyd is happy to get there first. Choosing to focus on the Thatcher of today, with her political career shown in flashback, Lloyd offers a softer, more sympathetic depiction of a woman still reviled by many.

Why do you think there hasn't been a film exclusively about Thatcher until now?
It is surprising. This movie's been a long time in development, and it began as a film about the Falklands War, and then [screenwriter] Abi [Morgan] came onboard and dropped this bombshell and said, "What about setting it in the present?" And I think from that moment everything flowed. I don't know why there hasn't been, to be honest.

Was the focus on her as an older woman part of an attempt to make her more sympathetic, since there is still so much animosity toward her?
In England, she's still one of the most divisive characters, and the debate about her policies and her legacy is really being largely stuck. There's one way of looking at her where she is the monster she-devil who ruined the lives of millions, and on the other hand she is Saint Margaret who rescued Britain from its post-war decline and put us back on the world stage. And there's very little you can find in between those two positions. What we wanted to do was go, "OK, that's all that. Let's just turn this thing upside down and look at it from a completely different point of view." We talked about it very much as a sort of King Lear for girls. It was a story of a mighty leader who was brought down partly by the enemy within and also by their own kind of hubris.

NED EHRBAR

Cakes over cankles for Jillian Michaels

Personal trainer leaves The Doctors over difference of opinions

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Jillian Michaels, the trainer we would least like to cross paths with in a dark alley, made a splash when she joined the hit syndicated show The Doctors this year as a co-host.

But, last week, after only half the season, she left the show. The split, she told Metro, had to do with cankles.

"It was like the relationship that looks perfect on paper and when you got there it just was all wrong," she told us over the phone.

"They wanted me to do segments on cankles and I wanted to do segments on food desserts. I wanted to do exposés on how prisoners have better food than our children at public schools. It wasn't anybody's fault, it really wasn't. There's no hard feelings."

Michaels said she called one of the producers she was close to in order to end things.

"I said, 'Listen, I know that this isn't working for you guys, because you know I'm not happy and I don't feel happy doing it, and my fans don't like me doing it and your fans don't like me doing what I wanna do, and you know let's just walk away amicably.'"

Food desserts? Public school cafeteria exposés? What is she doing, trying to reposition herself as a new Lisa Ling — but with biceps?

▶ Jillian Michaels

Celebrity tweets

I'm kinda sick of 2012 already.

@realjeffreyross

@sarahksilverman

Possible ways to bring Palestinians & Jews together: 1) Ecstasy in the water 2) Alien attack

@EllenPage

A first: someone came up to me and said: "I know you! You were that girl in Going For Broke with Delta Burke."

@AlbertBrooks

I don't know what the big deal is using your devices on the plane. Wait....IS THAT THE GROUND?

Xtina: Back off, haters!

Christina Aguilera has received a lot of criticism and scrutiny for her weight over the past year, but she insists it's nothing she can't handle.

"I've been on all spectrums," she says, according to Us Weekly. "You can never be too perfect, too thin, too curvy, voluptuous."

As for Aguilera herself, she says she knows what's really important: "As long as I'm happy in my own skin, that's all I need," she says. "I'm happy with where I'm at. I have a boyfriend that loves my body. I love my body. My son is healthy and happy. That's all that matters." METRO

Christina Aguilera

Katy Perry speaks for herself

When it comes to her separation from Russell Brand, Katy Perry doesn't want others speaking for her.

"Concerning the gossip, I want to be clear that no one speaks for me. Not a blog, magazine, 'close sources' or my family," she posted on Twitter. She also took the opportunity to thank her fans for supporting her, writing, "I am so grateful for all the love and support I've had from people around the world. You guys have made my heart happy again." METRO

▶ Katy Perry

▶ Johnny Depp

Depp headed for breakup?

It may be trouble in paradise for Johnny Depp, as the relationship between the Pirates of the Caribbean star and Vanessa Paradis is reportedly on the rocks, according to Radar Online.

"Johnny isn't handling anything well right now," a source says.

"People around him are worried about how Johnny is doing because he and Vanessa seem so fractured right now. Their relationship is heading toward the end." METRO

A limp can't hold Brad back

Brad Pitt will be walking with a cane for a while, thanks to a knee injury — but it didn't occur on the set of a stunt-heavy movie.

Instead, Pitt hurt himself parenting. "I was carrying my daughter (Vivienne) down the hill and I slipped," Pitt says, according to People magazine. "It was either her or me."

It's a good thing that Angelina Jolie is a fan of the new accessory: "I like the cane," she says, adding that the limp hasn't done much to slow Pitt down. "He's not that kind of guy. He does everything still." METRO

▶ Brad Pitt

3 life

Gift pick

Bright eyes

Even with foundation, after too much partying there is one area of the face you can't hide: the eyes. LP Skin Therapy Untired eye cream firms skin to reduce the appearance of dark circles.

METRO

LP SKIN THERAPY

$55
lpskintherapy.com

Lower cutoff for lead poisoning raises awareness of how to protect kids

MICHELE TARAS

▶ Prostate cancer is expected to affect 25,000 Canadian men this year. About 4,100 men will die of it.

The faces of cancer

Photo exhibit travelling across Canada to show exactly who prostate cancer has affected

CELIA MILNE
LIFE@METRONEWS.CA

Who gets prostate cancer? What do they look like? A new photo exhibit takes us into the inner world of this disease, showing us the fear, sadness, love, loss and hope that survivors and their families feel.

Prostate cancer got personal recently when 246,000 Canadians participated in Movember to raise money and awareness about the disease. Today, a photo exhibit called TIEd Together begins in Toronto before going across Canada.

"The images illustrate the faces of prostate cancer — men of all ages and races and their families. It communicates that prostate cancer doesn't just affect the man, but the whole family," says Rebecca von Goetz, executive vice president of Prostate Cancer Canada (PCC) in Toronto.

The exhibit was created by PCC in partnership with PhotoSensitive, an organization that calls attention — through black-and-white photography — to social issues such as AIDS, First Nations literacy and natural disasters.

TIEd Together includes more than 100 images and 10 video interviews with cancer survivors and their loved ones.

Included in the exhibit are pictures of Jack Layton, Pierre Trudeau and Alex Baumann.

The exhibit will show at Brookfield Place in Toronto from Jan. 10 to 21. PCC is looking at future showings in Vancouver, Calgary Edmonton, Winnipeg and Ottawa.

"As devastating a disease as it is, the images show hope and the strength that these survivors have to continue to enjoy life, despite its challenges," says von Goetz.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Check out our Swap & Drop Diet

I'm so excited about the launch of Best Health's first-ever diet book. Swap & Drop is not your typical diet – it's a no-diet diet. It's a sensible, balanced and very Canadian approach to getting slimmer and healthier (and staying that way beyond 2012) based on making small, easy changes to your daily habits that can really add up to dropped pounds.

The 12-week step-by-step, swap-by-swap plan from the team here at Best Health Magazine shows how to shed weight without denying yourself the enjoyment of food. Also, the book has an innovative Portion Checker, which includes visuals of food servings shown in actual size. This really takes

HANDOUT

the guesswork out of mealtime (for example, the book's pages actually show you how much pasta you should throw into the pot, and how big one serving of meat really is).

Then there's a 12-week Meal Planner with more than 100 healthy, delicious recipes that do all the work of counting calories so you don't have to worry about it. Plus, there's a 12-week, day-by-day Walking Plan (along with easy toning exercises) to help you fit some easy, fat-burning fitness into your life.

The last section is one of my personal favourites: Restaurant Menu Swaps. We reviewed the menus of 10 different fast-food and sit-down restaurant chains across the country, from Tim Horton's to East Side Mario's. This way, when you end up at one of these outlets, you know what you're getting into with some menu items.

It's $29.95 and available wherever books are sold across Canada, and at besthealthmag.ca/swap.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS

AN EPIC $10K FALL

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last September I was hiking in St. John's, NL. While gawking at the ocean, I neglected to watch where my feet were headed and fell flat on my face. My fall resulted in whiplash, a concussion, a displaced jaw, scrapes and bruises. Since then, I've been seeking treatment from a slew of doctors, dentists, physiotherapists, chiropractors and massage therapists.

My road to recovery will take around one year and cost $10,000. Unfortunately, like many Canadians, my medical insurance is limited and unlikely to cover even 25 per cent of my expenses. So, I'm now on the hook for a series of bills I wasn't expecting. My injury is a classic example of why it is important to have emergency funds.

Experts recommend that every household has three months of salary tucked away in case of an emergency. This is a lot of money! To make saving less painful, build this fund over time through automatic contributions to a savings plan that earns interest.

Start by setting aside three to five per cent of your income; then increase it to six of or seven per cent when you're ready. Once you reach your savings goal, you can stop contributing.

Reduce the temptation to spend this cash by keeping the money somewhat accessible, but removed from your day-to-day spending. Consider putting it in a low-risk money market mutual fund, a GIC, or a high-interest savings account. Hopefully you'll never experience an emergency. But, if you do, you'll be prepared.

Rethink those RRSPs

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is the time of year when you tell yourself to save more and contribute more to your RRSP. Yes to the first one but the second, perhaps not.

Certainly Canadians need to save more than the current rate of four per cent of income. However, the default destination for those savings, an RRSP, isn't necessarily the right one.

Anyone who is likely to qualify for the Guaranteed Income Supplement (GIS) after age 65 is better off with a non-registered investment account or a Tax Free Savings Account (TFSA). Mandatory RRIF withdrawals could result in a reduced or eliminated GIS.

Retirement ready?

- **96% of tax filers** were eligible to contribute to RRSPs in 2010.
- **26% of tax filers** contributed to RRSPs in 2010.

GIS eligibility is reduced as net income rises and disappears entirely at about $16,000 for singles and $21,500 for couples (Old Age Security does not count as income).

At the other end of the scale, those likely to have significant incomes after retirement from a combination of pensions, non-registered investments and other income could face not only a high post-retirement tax rate, but claw back of OAS and a reduction in their personal exemption.

The latter is not well known and can be a considerable shock. Though OAS claw back doesn't kick in until a net income of around $68,000, the age amount tax credit for those 65 and over will be reduced once net income reaches roughly $33,000.

ISTOCK

▶ Alison's money rule: Sometimes there are better ways to save for retirement than through RRSPs.

TFSAs are great alternatives for those wanting to save outside an RRSP. However, you can only deposit $5,000 annually. Another alternative are non-registered investment accounts, though you will pay tax on income or capital gains.

A final "savings" alternative is to pay down debt.

Even though your interest costs may be low, every dollar you put on debt is a form of savings.

And last week I included details of a contest to win a one-on-one consultation with me. Unfortunately the link was not live. But it is now at my website, alisongriffiths.ca.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

BETTER TO DEAL WITH THINGS NOW, BEFORE THE RING

I spent the holidays with my boyfriend's family for the first time and the truth is that I absolutely hated them. But whenever I brought up the issues about them up to my boyfriend, he defended them (obviously), and now I'm starting to see that he shares some of their less-flattering traits. I'm not sure if I want to stick this out. Am I being unfair?
Turned Off

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Claire: Dear Turned Off,

Our mother once cut down a bus stop with an axe, how's that for strange? Did his dad smoke crack at the dinner table or his sister show up in a bedazzled thong?

All families are strange, and that's entirely normal. Did you hate these people because they were different from you, or because their values are intolerable to you?

The former means you need to chill out, the latter means you need to end things.

Also, if your boyfriend rarely sees them, then you can either try to avoid those occasions, or use them as material for your next therapy session.

Either way, the two of you will need to find a way to discuss this, because it won't be the last time you see things differently.

Andrea: Dear Turned off,

They say that when you marry someone, you marry their family, too. Better that you see that side now and either reconcile or leave, than get into a real mess when there's a ring on your finger.

It doesn't really matter how close he is to his family, or how often you'd see them. This experience has allowed you to get to know your boyfriend a lot better.

The holidays have obviously raised some flags. The question now is: how important are these negative characteristics to you, compared to the ones that make you happy?

Be careful not to fall into the typical feminine trap of trying to change him. That's not fair to him. You can make an informed decision on what you want, and how flexible you are, which is completely fair.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

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Italian eats get trendy in Winnipeg's Exchange district

Brooklynn's Bistro offers quick service, but some of the dishes disappoint

LUNCH RUSH

SVJETLANA MLINAREVIC
FOOD@METRONEWS.CA

SVJETLANA MLINAREVIC

The Margarita pizza ($11).

I walked into trendy Brooklynn's Bistro and felt like I should be sitting with cool cats from the 1940s — zoot suits and all.

The decor was a throwback to what the Exchange might have been like when Sinatra was king and women behaved badly.

The Italian eatery served up swinging fare such as Insalata Mista ($7), a refreshing combo of mixed greens, shaved fennel, and plump segments of mandarin, perfectly dressed by a bright citrus vinaigrette and punctuated by crunchy walnuts.

The Margarita pizza ($11), one of seven varieties on the menu, had a light tomato sauce, fresh mozzarella and ribbons of basil. Unfortunately, the slightly underdone crust lacked the crispness it should have gotten from the brick oven in which it was baked.

Those wanting something spicy can try the Homemade Italian Sausage On A Bun ($11).

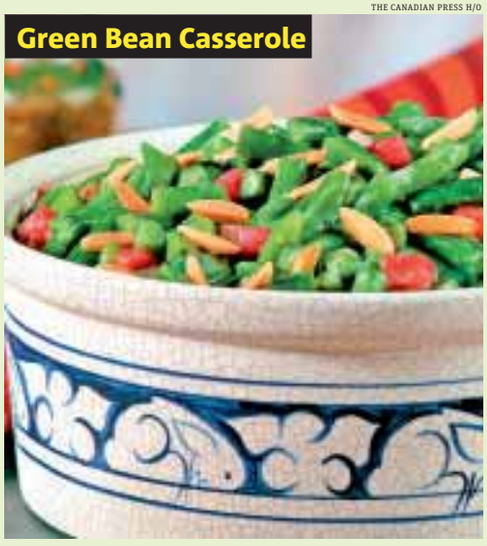
For dessert, the Lemon Gelato ($6) was too sweet to eat, but after the meal I consumed, I barely had room left anyway!

If you're hip to old cool Italian, visit Brooklynn's Bistro and start a zoot suit riot.

Brooklynn's Bistro

177 Lombard Ave.
415-4112
brooklynnsbistro.ca
Reservations: Yes
Licensed: Yes
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: Yes
Co-worker lunch: Yes
Price range: $7 - $30
Rating: 3 out of 5

THE CANADIAN PRESS H/O



Green Bean Casserole

A slow cooker is a wonder gadget to have during the winter season.

Here it is used to cook a green bean casserole.

Just combine the ingredients in the cooker and it's ready in three to four hours.

Preparation:

1. Combine all ingredients except almonds in a 2.5-l slow cooker. Cover and cook on low for 3 to 4 hours. Sprinkle with almonds.

THE CANADIAN PRESS/ CROCK-POT

Ingredients:

- 2 pkgs (each 280 g/10 oz) frozen green beans, thawed
- 1 can (284 ml/10 oz) condensed cream of mushroom soup, undiluted
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) chopped roasted red peppers
- 5 ml (1 tsp) dried sage
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) black pepper
- 1 ml (1/4 tsp) ground nutmeg
- 125 ml (1/2 cup) toasted slivered almonds

Macaroni and cheese takes a trip to Italy

Inspired by the Italian sub popular in the Northeast, this pasta sautées salami, garlic peppers, sun-dried tomatoes and onion. The cheese sauce is creamy and sharp with a mixture of fontina and picante provolone. If you can't find picante provolone, just use the sharpest provolone you can find.

Preparation:

1. Bring a saucepan of salted water to a boil. Add pasta and cook according to package directions. Drain and set aside.
2. Meanwhile, in a large saucepan over medium-high, sauté salami until crisped and browned, about 5 minutes. Add sun-dried tomatoes, garlic peppers and onion. Continue to cook until onion is very tender, 5 to 6 minutes. Add butter and stir until melted. Add flour and stir to coat well.
3. While stirring continuously, pour in milk. Bring mixture to a boil, continuing to stir. Cook for 5 minutes. Turn off heat and stir in fontina and provolone, one at a time, to ensure even melting. Stir in basil and cooked pasta. Season with salt and black pepper. **THE ASSOCIATED PRESS**

Ingredients:

- 500 g (1 lb) orecchiette pasta
- 140 g (5 oz) dry salami, diced (about 250 ml/1 cup)
- 125 ml (1/2 cup) chopped oil packed sun-dried tomatoes
- 125 ml (1/2 cup) garlic peppers, diced
- 1 medium onion, diced
- 30 ml (2 tbsp) butter
- 45 ml (3 tbsp) all-purpose flour
- 625 ml (2 1/2 cups) milk
- 250 ml (1 cup) shredded fontina cheese and picante provolone cheese
- 125 ml (1/2 cup) shredded fresh basil
- Salt and black pepper, to taste

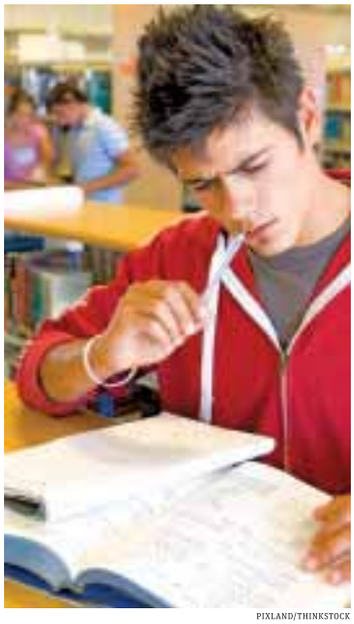
MATTHEW MEAD/ THE ASSOCIATED PRESS

Italian Macaroni and Cheese

This recipe serves eight.

REFRESHER COURSE

TREAT YOUR FIRST WEEK BACK AFTER HOLIDAYS LIKE FIRST WEEK OF SCHOOL



PIXLAND/THINKSTOCK

DIGITAL VISION/THINKSTOCK

University and college students may be tempted to treat the first week back as optional, but experts warn a misstep early on could trip you up for the entire semester.

"Settling back into some rhythms and routines can be quite challenging," says Meri Kim Oliver, assistant vice-president for student services at Dalhousie University.

Treat your first week back like your first week at school, she says. Go to all the classes, meet the professors, get the syllabi, get the books and learn what will be expected of you in the coming months.

David Ness, acting director of student counselling at the University of Manitoba, agrees. He says it can take a few days to switch your brain from holiday to study mode. Start by just showing up.

"It's a pretty easy thing to do and it can start getting you back into your student life," Ness says. "The good news is the first week back, you probably have some flexibility before you have to start hitting your academics really hard."

Oliver urges students to take time to sort out personal issues, too. The Christmas break will have given you time to evaluate your living arrangements.

"We encourage students to pause and have a pizza night with their roommates and talk about how things are going to be different, what tensions there were and that kind of thing," she says. "That can be a bigger issue."

Ness says if you have lingering holiday visitors, or your room is full of tempting new toys and leftover treats, use the campus as your office. Head in before class or stay after and study at the library or coffee shop. It will help focus you and prepare your brain for another semester of learning.

Evaluate your academic progress so far and address any shortcomings. Ness says they can become painfully evident to first-year students when they receive their first-term marks this month. If they aren't as good as you had hoped, figure out where you are struggling.

If substandard writing skills were a consistent theme from your first term, head to your campus writing centre to boost your ability. If it's math, brush up on those skills. Visit your student centre for tips on improving your overall approach to studying.

Ness reminds students that studying at the university level requires specific skills and you may have to "learn to learn."

"Think about, 'What do I need to change to do better academically?'" he says. "Don't give up — don't feel hopeless."

– Jon Tattrie

PASSION FOR EVENTS

CHOOSE PATH TO A CAREER IN HOSPITALITY AT ROBERTSON

Think of the best trip you ever took. The biggest event you ever attended. The hottest party you ever crashed. Someone, somewhere, executed each of them to perfection. And if they could do it, so can you.

Part of Robertson College's Faculty of Business, the Casino, Resort, Event Co-ordinator program is your path to a career in hospitality. You will take courses in all three of the areas named, completing your studies in only 19 weeks.

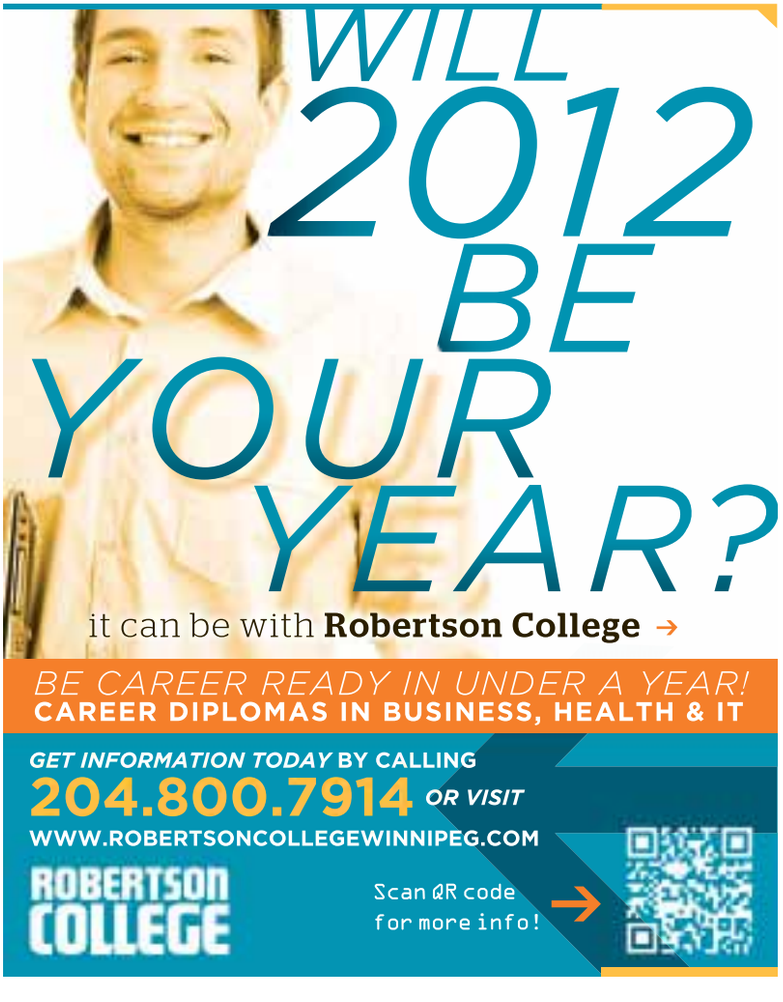
The program's three-week practicum ensures day-to-day familiarity with your future workplace. Its Employment Skills Course equips you with the skills and strategies you need to write killer, industry-specific resumés and ace tough interviews. You will enter the industry well-prepared.

"Robertson College has always had a program in Restaurant and Hotel Management," says Henry Devlin, president and CEO. "But in the last few years we've noticed new job creation in the Casino, Resort and Event Planning sectors. The time was right to revamp the program and focus in on these areas. The overwhelming positive feedback from the employment market has reassured us that opportunities will be strong for our graduates. The key will be finding the right types of students — individuals with exceptional customer service skills and a passion for working with the public.."

For more, call one of Robertson's career counsellors at 204-943-5661, or visit robertsoncollegewinnipeg.com. Classes start Feb. 6.

OPEN HOUSE

Robertson College will host an open house for the program from 5:30-6:30 p.m. on Jan. 26. A light supper will be provided at no charge. To register, please call 204-943-5661.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MBCI Info Session 6:00 pm
Open House 6:30-8:00 pm
February 6, 2012

MENNONITE BRETHREN COLLEGIATE INSTITUTE PHOTO

STRONG SENSE OF COMMUNITY

MBCI MISSION STATEMENT FOCUSES ON TAKING CARE OF THE ENTIRE CHILD

Hannah Severa found the environment at the Mennonite Brethren Collegiate Institute (MBCI) to be very welcoming. A Grade 12 student at the school, she says the sense of community is very strong.

"I have friends at the school that I can relate to on a really personal basis. There are a lot of activities that we do in school together and there are things outside of our school that we can all go to," such as Unleashed, a monthly worship night.

"There's a lot of things within the school that I like, especially from a faith perspective. We have chapels once a cycle and there are Bible studies once a week," she says.

MBCI is a grade 6 to 12 independent middle school and high school with a foundation built upon five distinct aspects.

Principal Norbert Bargen says, "We have these five distinctives because they tell you who we are as a school. We're striving for excellence in a place where there is a Christian atmosphere."

MBCI is the only school in the Canadian Association of Mennonite Schools that has a campus pastor.

Ken Opalko, assistant principal of the middle school, says, "One of the things I really love about the school is that we get to know our students really well. Our school, in relation to other schools, is quite small; grades 6 to 12, so you're looking at about 600 kids. We're interested in their spiritual well-being, their emotional well-being and their physical well-being."

The Mennonite Brethren Collegiate Institute was founded in 1945 by the Mennonite High School Society and dedicated to the task of providing Christian Mennonite education at the secondary school level. "If you take a look at our mission statement, it talks about taking care of the entire child — the mental, emotional, physical and the spiritual aspect," says Bargen.

The five distinctives form the foundation of MBCI.

The school is well known for its strong musical tradition, high academic standards and excellent sports program. These are the five distinctive areas of programming in which the school strives for excellence: Academics; athletics; music; performing and visual arts; faith and friendship.

PUT YOUR PAWS ON CAREERBEAR

NEW WEBSITE AIMS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef (you have always loved whipping up tasty improvisations for dinner), or a plumber (after realizing how much it cost to fix that leak) or a pilot (because pilots are cool).

Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you want to pursue that career.

Career Bear
Do your resolutions include finding a new career?
What do you want to be?
Explore what you want to be and how to get there.
Industry Listing

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good (there are lots of open positions, plus aging demographics are expected to fuel demand for health services) and articles let you know more about the job and some required skills you may not have guessed (for example, pharmacy assistants apparently need "good manual dexterity").

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.

MANY CHOICES

CareerBear.com features more than 40 different careers, sorted either by name or by industry.

The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.

The site is totally free to use, supported by advertising.

Do your resolutions include finding a new career?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

4 sports

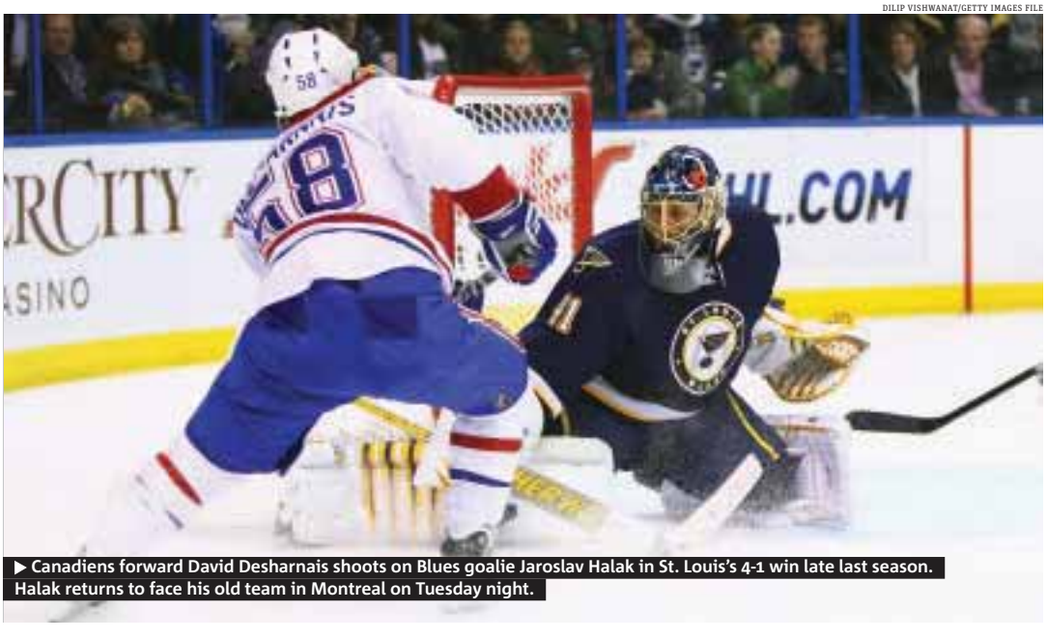
Jets preview

Winnipeg at Boston
6 p.m.
TV: TSN-Jets

The Jets (20-16-5) go to Boston (26-11-1), where the Bruins are coming off a 4-3 loss to Vancouver on Saturday. Boston has won eight of its last 10 games. Tim Thomas has allowed four goals twice this season, but both times were in his last three starts. David Krejci has five goals and seven assists in an eight-game point streak. Tyler Seguin has 11 points in the last eight games. Brad Marchand was suspended for five games on Monday for a low hit that gave Canucks defenceman Sami Salo a concussion on Saturday.
THE CANADIAN PRESS

Scan code for more sports.

DILIP VISHWANAT/GETTY IMAGES FILE



▶ Canadiens forward David Desharnais shoots on Blues goalie Jaroslav Halak in St. Louis's 4-1 win late last season. Halak returns to face his old team in Montreal on Tuesday night.

Halak returns to his former habitat

Canadiens' 2010 playoff hero returns to Bell Centre for first time with Blues ◐ 'I would look like an idiot not to put him in,' says St. Louis coach

You can still find people in Montreal wearing T-shirts with Halak written on a stop sign that were the hottest item in town when the Canadiens went on a playoff roll two seasons ago.

Some think the Canadiens made their worst move ever when they dealt Jaroslav Halak to the St. Louis Blues just weeks after the playoffs to give the goaltending job to talented but then-underperforming prospect Carey Price.

That debate will be re-ignited on Tuesday night when the two goalies go head-to-head as the Blues make their first visit in two seasons to the Bell Centre.

"I was hoping to get a game here and it's great that the coach (Ken Hitchcock) thought about me," Halak said Monday. "He's giving me the start and hopefully I can do my best and get a point or two.

"It's great I still have fans here. I appreciate it."

Brian Elliott was coming off a shutout in the Blues' win over Colorado Saturday. But Hitchcock didn't hesitate to announce Halak as his starter in Montreal.

Halak was king in Montreal in the spring of 2010.

He was spectacular as Montreal came back from a 3-1 deficit in the opening round to oust first-place Washington.

"I felt I learned a lot of lessons during that time."
CAREY PRICE ON PLAYING BACK UP BEHIND JAROSLAV HALAK DURING MONTREAL'S 2010 PLAYOFF RUN

Then they knocked off the favoured Pittsburgh Penguins to reach the conference final for the first time since their last Stanley Cup triumph in 1993, only to fall to the Philadelphia Flyers.

When the playoffs ended, Canadiens management was stuck between two talented young goalies.

They chose Price, and wasted no time sending Halak to St. Louis for prospects Lars Eller and Ian Schultz, causing an outcry heading into the 2010-11 season.

They were humbling times for Price and he was a fitter, better goaltender the next season as the starter.

"Being able to watch for a while and seeing what I needed to do to be successful at that time really helped," said Price. "Being able to sit on the bench and watch probably benefited me." THE CANADIAN PRESS

Spiralling Blue Jackets fire coach

The last-place Columbus Blue Jackets are turning to a new coach in an effort to salvage something from a disastrous season.

Scott Arniel was fired following a 7-4 loss to Anaheim on Sunday night. Assistant Todd Richards takes over until the end of the season, when a full search will be conducted.

The Blue Jackets are 20 points out of playoff position with half a season to play.

"It's gone off the rails since then," Howson said Monday.

Once the GM made the decision to fire his coach, he flew to California on Saturday to deliver the news in person. Howson, who is undeniably on the hot seat himself, sought approval from his bosses to make the move and received it.

This was supposed to be a season of hope and change for the Blue Jackets. Centre Jeff Carter was acquired in a trade from Philadelphia and defenceman James Wisniewski inked a $33-million US, six-year contract.

But Wisniewski was suspended eight games stemming from an ugly pre-season hit and Carter fractured his right foot in October as Columbus stumbled out of the gate. The season was essentially lost by the time the team hit the 15-game mark at 2-12-1. THE CANADIAN PRESS

"He did everything he could. ... It just didn't work for him with this group."
COLUMBUS GM SCOTT HOWSON ON FIRING COACH SCOTT ARNIEL

DAVID PAUL MORRIS/GETTY IMAGES FILE

▶ Barry Larkin with the Reds in 2004.

Hall of Fame nod makes sense to Larkin

Barry Larkin has been elected to baseball's Hall of Fame.

The former Cincinnati Reds shortstop received 495 votes (86 per cent) in balloting announced Monday by the Baseball Writers' Association of America, well above the necessary 75 per cent. Larkin was on the ballot for the third time after falling 75 votes short last year.

30 In 1996, Barry Larkin became the first shortstop to have 30 homers and 30 steals in a season.

He will be inducted July 22 in Cooperstown along with the late Ron Santo, elected last month by the Veterans Committee.

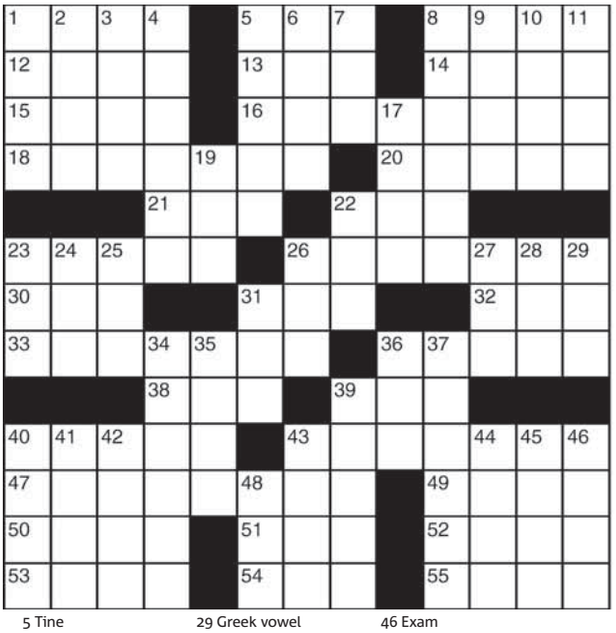
"It's just amazing," Larkin said in an interview on MLB Network. "Last year I just started to smell it a little bit.

"The first year I didn't even think it was fathomable, to be quite honest."

Jack Morris was next with 382 votes (67 per cent), missing by 48 votes on his 13th try but up sharply from 54 per cent last year. The former Toronto Blue Jays pitcher has two chances left on the BBWAA ballot.

Playing from 1986 to '04, Larkin hit .295 with 198 home runs, 960 RBIs, 2,340 hits and 379 stolen bases. He won the 1995 NL MVP award, three Gold Gloves and the 1990 World Series. THE ASSOCIATED PRESS

Crossword



Across

1 Swiss peaks
5 Omega preceder
8 Old letter opener
12 Stead
13 Aries animal
14 Cut, as hair
15 Vend
16 Risque
18 Away from the Internet
20 Robust
21 Part of ESL
22 "— the ramparts ..."
23 Flowerless plants
26 Illegally ahead of the football
30 Bullring bravo
31 Diner order, for short
32 Collection
33 SUV's milieu, maybe
36 Ballroom favorite
38 Actress/author Sedaris
39 Rowing need
40 Part of Hispaniola
43 Eccentric
47 In the wings
49 Boleyn or Bancroft
50 El —, Texas
51 Sportscaster Cross
52 Little lice
53 Press
54 Chef Boy-Ar- —
55 Tend texts

Down

1 As well
2 Gladly
3 Money
4 Morose
5 Tine
6 Secure
7 Global currency org.
8 Uses Brillo
9 Troubles
10 Laugh-a-minute type
11 Agile
17 Staff leader?
19 Officeholders
22 Frequently
23 Egg-yung link
24 Sprite
25 Ump
26 Antiquated
27 Doctrine
28 Society newcomer
29 Greek vowel
31 Chesapeake, for one
34 Betrays
35 Leave out
36 U.K. fliers
37 Debonair
39 "The Three Faces —"
40 Kachina worshipper
41 Somewhere out there
42 In that case
43 Shrek, for one
44 Oklahoma city
45 Oppositionist
46 Exam
48 Help

▶ Monday's answer

C	R	A	M		M	O	B		L	I	L	A
R	I	S	E		O	N	O		A	N	O	N
E	G	A	D		D	E	M	O	C	R	A	T
W	A	P	I	T	I		B	R	I	E	F	S
			C	A	F	E		B	E	T		
D	E	M	O	L	I	S	H		R	U	D	E
I	R	E		L	E	T	I	N		R	U	R
S	A	S	H		D	E	M	E	A	N	O	R
		D	U	B		E	A	V	E			
A	D	A	G	I	O		L	E	N	G	T	H
D	E	M	E	N	T	I	A		E	U	R	O
A	L	E	S		I	V	Y		A	R	E	S
M	I	S	T		S	E	A		S	U	E	T

Sudoku

					9		6	
4	6				5	3		
	7		4			5		
	3			4	8		7	
7								1
	9		2	1			5	
		3			6		4	
		1	7				9	8
	2		9					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Smor, You are the type of person I would like to call smor! Always making me laugh-a good quality to have. Love it when you protect me during our occasional walks, if you know what I mean. LOL. I probably made you do things you would have never done yourself so here is to us and for more crazy adventures together. Love you babes! **FROM CECI**

St. Joseph of Cupertino, Thanks for your help during exams! We really appreciate it, especially since we know how busy you are around that time of the year. **FROM ANIA & MADZIA**

Cliff, Hey Cliff if you see this don't give up on contacting me. I can't answer ur texts because I lost my phone. And we have no other way to find eachother so please keep trying till i get everything worked out. **FROM UNITY GIRL**

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -5°	Min -21°	Min -17°
Max 4°	Max -11°	Max -13°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
You may find it difficult to focus today. But that's OK. Variety is good for you.

♉ Taurus April 21-May 21
People you live and work with will have you running in all directions today. Know when to say "no".

♊ Gemini May 22-June 21
According to the planets, you are reading too much into what is really a perfectly normal situation.

♋ Cancer June 22-July 22 You need to find a way to let off steam without turning people against you. Yes, OK, you have a right to be angry but you also need to think about your reputation.

♌ Leo July 23-Aug.23
What annoys you are trivial things that are simply not worth getting worked up about. Ignore insignificant issues today.

♍ Virgo Aug. 24- Sept. 22
People expect you to speak your mind and you certainly won't let them down over the next 24 hours.

♎ Libra Sept. 23-Oct. 23
A breakthrough may be closer than you realize.

♏ Scorpio Oct. 24-Nov. 22
Avoid getting involved in disputes that have nothing to do with you.

♐ Sagittarius Nov. 23-Dec. 21 You may be tempted to place your trust in a friend of a friend, simply because they act and sound so confident, but is that such a good idea?

♑ Capricorn Dec. 22-Jan. 20
Not everyone takes life as seriously as you, so don't be surprised if something you live or work with fails to see the gravity of your current situation.

♒ Aquarius Jan. 21-Feb. 18
Someone, somewhere is sure to feel the edge of your tongue today.

♓ Pisces Feb. 19-March 20.
Don't get uptight if someone whose support you can usually rely on fails to help you today. They have their own life and their own issues. **SALLY BROMPTON**

Caption contest

KEYSTONE/URS FLUEELER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Monday's Metro.

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